

MAKE THE SWITCH TO 1% OR FAT-FREE MILK

and build strong bodies for a healthy tomorrow

As a mom and a pediatrician, I know that it's possible to make the switch from whole or 2% milk to 1% or fat-free! Here are my top five tips for making the change fun and easy for your family:

1. **Change slowly.** Start with 2% milk then move to 1% or fat-free milk. It's your kitchen so it's your rules!
2. **Mix it up.** Offer flavored 1% or fat-free milk now and then — like chocolate, strawberry or banana.
3. **Chill it.** Pour 1% or fat-free milk over ice and serve with a straw.
4. **Be patient.** Some children need to try a new food 10 times or more before they like it!
5. **Join your child.** Drink 1% or fat-free milk with your meals and snacks. YOU are your child's finest role model.



Dr. Janet A. Graeve, MD



DID YOU KNOW...

- Whole milk is the right choice for 1-year olds. They need whole milk for healthy growth and brain development.
- Starting at age 2, children grow just fine with 1% or fat-free milk.
- 1% and fat-free milk have the same bone and muscle-building amounts of protein, calcium and vitamin D as whole milk. The only thing missing is extra calories from fat!
- Children 2-5 years old need 16 ounces (2 cups) of 1% or fat-free milk every day. Yogurt, and cheese also count!



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